



Enchilada Pasta Bake

READY IN



50 min.

SERVINGS



50

CALORIES



80 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 15.5 oz no-salt-added black beans rinsed canned
- 14.5 oz canned tomatoes diced undrained canned
- 8 oz four cheese shredded with a touch of philadelphia mexican style kraft
- 2 cups oscar mayer carving board flame grilled chicken breast strips
- 0.3 cup cilantro leaves fresh divided chopped
- 3 green onions divided thinly sliced
- 2 tsp oil
- 4.5 cups shells uncooked
- 1 bell pepper red chopped

- 1 oz taco bellâ® taco seasoning mix
- 1 onion yellow chopped

Equipment

- frying pan
- oven
- baking pan

Directions

- Heat oven to 375F.
- Cook pasta as directed on package, omitting salt. Meanwhile, heat oil in large nonstick skillet on medium heat.
- Add yellow onions and peppers; cook 3 to 5 min. or until crisp-tender, stirring frequently. Stir in seasoning mix and tomatoes; cook and stir 3 min.
- Add chicken, beans and half each of the green onions and cilantro; mix well.
- Remove from heat.
- Drain pasta.
- Add to chicken mixture; mix lightly.
- Pour into 13x9-inch baking dish; top with cheese.
- Bake 20 to 25 min. or until pasta mixture is heated through and cheese is melted.
- Sprinkle with remaining green onions and cilantro.

Nutrition Facts



Properties

Glycemic Index:5.2, Glycemic Load:3.38, Inflammation Score:-3, Nutrition Score:3.8673912895762%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg,

Kaempferol: 0.02mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 79.78kcal (3.99%), Fat: 2.14g (3.29%), Saturated Fat: 0.98g (6.15%), Carbohydrates: 10.24g (3.41%), Net Carbohydrates: 8.81g (3.21%), Sugar: 0.93g (1.04%), Cholesterol: 9.3mg (3.1%), Sodium: 91.38mg (3.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.94g (9.89%), Selenium: 8.69µg (12.42%), Manganese: 0.15mg (7.26%), Phosphorus: 67.06mg (6.71%), Fiber: 1.42g (5.7%), Vitamin B3: 1.1mg (5.49%), Vitamin C: 4.38mg (5.31%), Folate: 19µg (4.75%), Vitamin A: 206.96IU (4.14%), Calcium: 41.23mg (4.12%), Magnesium: 16.09mg (4.02%), Vitamin B6: 0.08mg (3.9%), Copper: 0.07mg (3.29%), Zinc: 0.48mg (3.22%), Iron: 0.54mg (3%), Potassium: 103.96mg (2.97%), Vitamin B1: 0.04mg (2.91%), Vitamin B2: 0.04mg (2.62%), Vitamin K: 2.65µg (2.52%), Vitamin B5: 0.17mg (1.67%), Vitamin E: 0.24mg (1.59%), Vitamin B12: 0.07µg (1.12%)